



Conz Street CHRONICLE

Issue No. DHG165

NEWSPAPER OF THE NORTHAMPTON COUNCIL ON AGING & SENIOR CENTER
67 Conz St., Northampton, MA 01060

September 2014

website www.northamptonma.gov/713/Council-on-Aging and Like us on Facebook - Northampton Council on Aging & Senior Center

**Northampton Council
on Aging & Senior Center**
67 Conz Street
Northampton, MA 01060
(413) 587-1228

[www.northamptonma.gov/713/
Council-on-Aging](http://www.northamptonma.gov/713/Council-on-Aging)

**Hours:
Monday-Friday
8:15-4:00**

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Sean Romanski,
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**Join us for
Group Sing
Wednesday, September 3,
7:00 pm - 9:00 pm
Northampton Senior Center
67 Conz St.,
Northampton, MA**

There are so many things to love about fall; the air is growing cooler, trees are growing more colorful, pumpkin lattes are beginning to appear and the children are headed back to school. The laidback, lounging, lazy days of summer have passed. Now our minds turn to new beginnings and new adventures.

Here at the Northampton Senior Center located at 67 Conz St., Northampton, MA, fall means a variety of programs designed to engage the mind. September brings us an opportunity to view the documentary: *There's Something About Mary*. Mary Beth Home created the film as a tribute to her late mother, Mary Haines. Mary Haines started running at the age of 68 following the death of her husband and developed into a champion international runner. She holds the World Masters' record for the 10K road race in the 85+ category. Mary continued to run despite becoming fully blind and developing dementia. At the age of 92 she took up rowing. At the age of 93 she joined the Northampton Senior Center fitness center. This 30 minute film is entertaining, humorous and inspiring. Join us to view the story of Mary's ninth decade on Tuesday September 18th at 1:30 p.m. Filmmaker Mary Beth Homes will be at the viewing.

A course in lace knitting begins on Thursday September 18th at 1:00 p.m. and runs for three weeks. Each session runs from 1:00-3:00 p.m. This course is designed for the advanced beginner. Participants should know how to cast on, bind off, knit and purl. If you are proficient in these skills then you have the

skills necessary to make a lacy, leafy scarf with instructor Kathie Nowill. Kathie has over fifty years of knitting experience and a sample of the scarf you will make is on display at the reception desk. Be sure to come in and register early as space is limited. There is a fee of \$10 for Northampton residents and \$15 for non-residents and those ages 55-59.

For beginning knitting and crochet students, Mary Daniels will return as an instructor for a class starting on Friday October 3rd at 10 a.m. The class will run through October 31st and each class runs from 10 a.m. – 12 p.m. Class is limited to six people so be sure to come in early and sign up at the Senior Center. The class fee is \$15 for residents and \$20 for non-residents and those ages 55-59.

In October we offer a Life Stories Workshop with instructor Don Rose. Beginning on October 7th at 10 a.m. and running for six weeks this workshop is meant to inspire you to write your life story, so that your children, grandchildren and succeeding generations will be able to know the real you; your feelings and aspirations, your successes and defeats, your joys and sadness, and the untold memories you have stored away. This workshop is appropriate for writers of all levels-content is the goal, not literary excellence. There is a fee of \$8 for Northampton residents and \$10 for non-residents and those ages 55-59.

Also in October we have the course: It's Your Funeral-So Plan It! Planning for the future is a wise investment if we want things to go in a way that pleases us. No matter what our age, this is especially true about planning

for the end of life. For many of us funeral planning feels like a big secret or simply something we want to avoid thinking about.

Instructor Carol Coan will tackle this subject and will provide you with information about several areas in which important decisions will need to be made by someone (why not you?) at the time of your death, including costs, mode of disposition and hiring a funeral director (or not). Worksheets, materials and resources will be provided to get you started on planning and empower you in your decision making. Carol will show you that planning your funeral is not really about death so much as it is about life.

Carol is an anthropologist with a special interest in human anatomy and body disposal. She is a former president of the Funeral Consumers Alliance of Western Massachusetts and continues to field questions for their information line. Carol and the Funeral Consumers Alliance are not affiliated with the funeral industry. Carol has taught a class at GCC on Funeral Planning for the past four years and is the founder of Green Burial Massachusetts. This course begins on October 1st at 9 a.m. and runs for three weeks. There is a fee of \$55 for Northampton residents and \$60 for non-residents and those ages 55-59. Come in and sign up.

If you are looking for some more laid back fun, join us on Friday afternoons in October for our Friday Fright Fest Films. Get in the Halloween spirit while watching horror movies on the big screen in the Great Room. Films will be shown each Friday in October at 1:30 p.m. There is no fee and residents and non-resident seniors are

welcome.

Special for film lovers is our screening of the Rocky Horror Picture Show. We will show the cult classic as a fall fundraiser for the Senior Center on Thursday October 30th at 7:30 p.m. There is a suggested donation of \$10 per person, \$5 for those in costume. This event is open to the public. Tickets will be available at the Senior Center beginning September 22nd. Refreshments will be provided.

Don't forget about our many ongoing programs-low impact classes, walking group, strength and stretch, tai chi, creative writing, digital photography and photo club, scrabble, cribbage, bridge -the list goes on and on. For more information about our many ongoing programs please be sure to check out the September calendar. Also keep your eye out in the coming months for a free informational presentation and demonstration from the Mediation and Training Collaborative, a free financial education seminar by Helen Blatz from Edward Jones and an event in honor of Veteran's Day.

Though we are just beginning to get used to the idea of fall, winter will soon be upon us. Please feel free to share your ideas for winter programs. Don't spend the gloomy winter months huddled up at home! Let us know what things inspire you to brave the winter weather and spend some time with us here at the center. For program ideas, comments or suggestions please contact the program coordinator, Heather Cahillane at 413-587-1307 or by email at hcahillane@northamptonma.gov

Join the Campaign for Senior Transportation -We Need A Van(s)

by Patricia Shaughnessy

Most of us are very fortunate to own a vehicle and have the ability to drive to any location at any time. Transportation for us is readily available and as soon as we want and need it. But, many of our Northampton seniors do not have such a luxury. Having recently brought our van in for maintenance, we were informed that van should be off the road. The van logged many, many miles and has served us well for fifteen years. So, the Senior Center has begun a campaign to raise funds for one, if not two, vans for the purpose of transporting seniors to and from the Northampton Senior Center. Our seniors deserve safe and reliable transportation.

Transportation needs to be available to seniors so that they can attend programs and secure services offered by the Senior Center. Perhaps an appointment with the Podiatrist, to attend a Balance Class, to exercise in the Fitness Center or the Low Impact Exercise Class, attend the

social group of Cup Of Conversation, to complete fuel assistance forms or to consult with the Social Worker, would only be a few of the reasons or needs for seniors to be transported to the Senior Center. The van(s) would also have a lift to transport those using a wheelchair.

We are researching various grants and funding sources for the funding of a van(s) but we are also looking for your financial support as well. The purchase of one van is fantastic but the purchase of two vans is ideal. Dispatching, drivers, a communication system and gasoline will also be part of the resources necessary for transportation to be provided.

The purchase of a van(s) can increase the quality of life for our seniors, so won't you be a donor and support the cause? Contributions can be made payable to the Northampton Council on Aging and mailed or dropped off to the Northampton Senior Center, 67 Conz Street, Northampton, MA 01060. For more information call Patricia Shaughnessy, Director, at 413-587-1231.



Library Books Delivered to Homebound

by Lisa Downing

Are you a Northampton resident who is home bound or finds getting to the library difficult because of a disability? There is a very simple process in place to allow you to designate someone else to pick up items for you from the Forbes Library.

You can search the Forbes Library's holdings through the online catalog available at www.forbeslibrary.org. There you will be able to search from the thousands of fiction and non-fiction books on any topic you can imagine as well as large print books, movies, audio books, music, musical scores, magazines and so much more.

A reference librarian can help you with your search or make suggestions to help you find your next great read by contacting the Reference Department at 413-587-1012. The library can also send you a weekly email with its latest acquisitions. This is a great way to keep up with all that is new to borrow from the Forbes Library.

The Forbes Library has a process in place to assist people who are home bound or who find getting to the library difficult because of a disability. In this instance you can designate someone else to pick up items for you from the Forbes Library on your library account. Contact Lisa Downing, Assistant Director to find out how you can make this arrangement. Lisa can be reached by phone at [413-587-1017](tel:413-587-1017) or by email

at ldowning@forbeslibrary.org.

Forbes Library and the Northampton Council on Aging are partnering to offer an Outreach Program to match home bound Northampton seniors and persons with disabilities with a volunteer who can pick up and return books for you. We are working out the details to sponsor such a program and anticipate that the program will be up and running in the upcoming months.

In anticipation of this Outreach Program beginning, we are seeking volunteers for the program as well as seniors and persons with disabilities who would like the service. Please call Patricia Shaughnessy, NCOA Director, at 587-1231 for more information or to sign-up.



The Conz Street Chronicle Needs Your Support!

by Joanne Brooks

For many years the Northampton Council on Aging & Senior Center has provided Conz Street Chronicle (formerly Elder Vision) a bi-monthly no cost publication by mail to the Seniors of Northampton, Florence and Leeds along with paid subscriptions to those supporters in surrounding communities. The Senior Center has recently been publishing a smaller bi-monthly insert in the Daily Hampshire Gazette. These publications include the monthly calendar of programs, activities, services and events, information on the many programs, activities, services and events held at the Senior Center, as well as information for seniors regarding Medicare, Medicaid, SHINE and much more. This publication is well received and the staff of the Senior Center are pleased to be able to provide these publications to the community and as you may be aware is costly to produce.

As the years have gone by, situations have changed as we all know. One of those changes is the cost of publishing

Conz Street Chronicle. Each one of you who have contributed in the past through our Donor Directory, or businesses through paid advertisements, has allowed this publication to continue and it is greatly appreciated.

The Annual Donor Directory and Advertisers appeal is currently underway. We are asking each one of you to assist us in the opportunity of being able to continue offering Conz Street Chronicle the same way we have been offering it to you however, we cannot do it without your help. Any contribution is appreciated and will assist in the continuation of these publications.

If you wish to contribute, there are several ways to do so. Come down to the Senior Center or mail a payment to the Northampton Council on Aging & Senior Center at 67 Conz St., Northampton, MA 01060.

If you have any questions, please call Joanne Brooks at 413-587-1227 Thank you in advance for your support!



September 2014 Calendar of Programs and Events

Call the Senior Center at 413-587-1228 if you have any questions or check the website at www.northamptonma.gov/713/Council-on-Aging
Please note that programs, dates, times may change or be cancelled and fees may change without notice.

Programs requiring pre-registration are marked with a double asterisk symbol: **

Please note that programs requiring pre-registration may be canceled if minimum numbers are not met.

Monday September 1 CLOSED FOR LABOR DAY

Tuesday September 2

8:45 Strengthening & Stretching**
9:30 Cup of Conversation
10:00 Blood Pressure Clinic
10:00 PVTa Photo IDs
10:00 Tai Chi
11:30 PC one-on-one by appt
12:30 Sewing Workshop

Wednesday September 3

8:20 Dynamic Fitness DVD
9:00 Outreach Breakfast
9:30 Low Impact 1
10:00 Digital Photography
10:30 Low impact 2
11:30 PC one-on-one by appt
12:00 Low Vision
12:15 Veteran's Benefits Services
12:30 Zumba Gold**
12:30 Bowling at Canal Lanes
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes
2:45 Feldenkrais
7:00 Group Sing

Thursday September 4

8:45 Strengthening & Stretching
10:00 Wisdom Project
11:30 3rd year tap
11:30 PC one-on-one by appt
12:30 2nd year tap
1:00 Mahjongg
1:30 Intermediate Tap
1:30 Bingo

Friday September 5

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Nutritional Outreach Program
10:30 Low impact 2
11:30 PC one-on-one by appt
12:30 SHINE-*By appointment only*
12:30 Bowling at Canal Lanes
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
1:00 Gentle Chair Yoga
1:30 Photography Club
2:45 Friday Yoga

Monday September 8

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:15 Massage Clinic
12:30 Bowling at Canal Lanes
1:00 NeedleWorkshop

Tuesday September 9

8:45 Strengthening & Stretching
9:30 Cup of Conversation
10:00 Tai Chi
11:30 PC one-on-one by appt
12:30 Sewing Workshop
1:00 Watercolors: First Session**

Wednesday September 10

8:20 Dynamic Fitness DVD
9:00 Outreach Breakfast
9:30 Low Impact 1
10:00 Digital Photography
10:30 Low impact 2
11:30 PC one-on-one by appt
12:30 Zumba Gold
12:30 Bowling at Canal Lanes
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes at Overlook
2:45 Feldenkrais

Thursday September 11

8:45 Strengthening & Stretching
10:00 Brown Bag
10:00 Wisdom Project
11:30 3rd year tap
11:30 PC one-on-one by appt
12:30 2nd year tap
1:00 Mahjongg
1:00 Readers & Thinkers-*Duke: The Story of Duke Ellington*
1:30 NCOA Board Meeting
1:30 Intermediate Tap
1:30 Bingo

Friday September 12

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Low impact 2
11:30 PC one-on-one by appt
12:30 Bowling at Canal Lanes
12:30 SHINE-call for appt
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
1:00 Gentle Chair Yoga
2:45 Yoga

Monday September 15

8:20 Dynamic Fitness DVD
9:30 Low Impact 1

10:00 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:15 Massage Clinic
12:30 Bowling at Canal Lanes
1:00 NeedleWorkshop
1:30 Monday Movie: "Labor Day"
2:30 Complementary Therapies: Expanding the Medical Model

Tuesday September 16

8:45 Strengthening & Stretching
9:30 Cup of Conversation
10:00 Tai Chi
10:00 Walking Group
11:30 PC one-on-one by appt
12:30 Sewing Workshop
1:00 Watercolors: Second Session
5:00 Commission on Disability

Wednesday September 17

8:20 Dynamic Fitness DVD
9:00 Outreach Breakfast
9:30 Low Impact 1
9:30 Foot Care Clinic
10:00 Digital Photography
10:30 Low impact 2
11:30 PC one-on-one by appt
12:30 Zumba Gold
12:30 Bowling at Canal Lanes
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes

Thursday September 18

8:45 Strengthening & Stretching
10:00 Wisdom Project
10:00 Walking Group
11:30 3rd year tap
11:30 PC one-on-one by appt
12:30 2nd year tap
1:00 Lace Knitting: First Session**
1:00 Mahjongg
1:30 ***Documentary: "There's Something About Mary"***
1:30 Intermediate Tap
1:30 BINGO

Friday September 19

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 SNAP-by appt only
10:30 Nutritional Outreach Program
10:30 Low impact 2
11:30 PC one-on-one by appt
12:30 Bowling at Canal Lanes
12:30 SHINE- *By appointment only*
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
1:00 Gentle Chair Yoga
2:45 Yoga

Monday September 22

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:15 Massage Clinic
12:30 Bowling at Canal Lanes
1:00 NeedleWorkshop

Tuesday September 23

8:45 Strengthening & Stretching
9:30 Cup of Conversation
10:00 Tai Chi
10:00 Walking Group
11:30 PC one-on-one by appt
1:00 Watercolors: Third Session
12:30 Sewing Workshop

Wednesday September 24

8:20 Dynamic Fitness DVD
9:00 Outreach Breakfast
9:30 Low Impact 1
10:30 Low impact 2
11:30 PC one-on-one by appt
12:15 Veterans Benefits Services
12:30 Zumba Gold
12:30 Bowling at Canal Lanes
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes
2:45 Feldenkrais

Thursday September 25

8:45 Strengthening & Stretching
10:00 Wisdom Project
10:00 Walking Group
11:30 3rd year tap
11:30 PC one-on-one by appt
12:30 2nd year tap
1:00 Lace Knitting: Second Session
1:00 Mahjongg
1:30 Intermediate Tap
1:30 Bingo

Friday September 26

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Low impact 2
11:30 PC one-on-one by appt
12:30 Bowling at Canal Lanes
12:30 SHINE-*By appointment only*
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-In Group
1:00 Gentle Chair Yoga
2:45 Yoga

Sunday September 28

1:00 pm - 3:00 pm Open House in Celebration

of National Senior Center Month

Monday September 29

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:15 Massage Clinic
12:30 Bowling at Canal Lanes
1:00 NeedleWorkshop

Tuesday September 30

9:30 Cup of Conversation
10:00 Tai Chi
10:00 Walking Group
11:30 PC one-on-one by appt
12:30 Sewing Workshop
1:00 Watercolors: Fourth Session

Come Walk with us!

by Heather Cahillane

Happy STEptember! The American on the Move Foundation invites us all to become more active and eat healthier this month (and every month!) The Northampton Senior Center is here to support active, healthy lifestyles with a variety of free and fee based programs.

Research from the American on the Move Foundation shows that small, specific changes in food and physical activity behaviors can have a positive effect on health and effectively stop weight gain. One way to add some activity to your day is to come walk with the Northampton Senior Center Walking Group.

This group meets each Tuesday and Thursday morning at 10:00 a.m. at the Senior Center located at 67 Conz Street, Northampton, for a ½ mile to ¾ mile walk in the Northampton area. The group walks for about forty five minutes round trip at a moderate pace. There is no charge for the group and it is open to all.

There is an opportunity to exercise each day at the Northampton Senior Center. Low Impact and Dynamic Fitness classes meet every Monday, Wednesday and Friday morning. Strength and Stretch with Sean meets each Tuesday and Thursday morning. We also offer Yoga and Feldenkrais throughout the week. Our newest offering is a Zumba Gold class. Don't be afraid to try it-no dance background is needed and the atmosphere is fun and welcoming to all!

For more information about our programs please contact the program coordinator at 413-587-1307 or hcahillane@northamptonma.gov.

Recently there have been cancellations of programs due to lack of registration.

We are asking for your help. Please take a few minutes to look at the questions below and share your feedback with us when you are at the Senior Center or via a note, phone message or email. (See below for contact information)

1. What types of programs would you like to see at the Senior Center?

2. What time of day are you most likely to attend programming at the Senior Center?

3. We are in the process of planning programs for fall and winter. Ideas for programs include a class on Chinese language and culture, a short stories class and others.

If any of these ideas interest you please let me know. I can be contacted at hcahillane@northamptonma.gov or 413-587-1307.

Senior Center Class Policies

- Participants are strongly encouraged to register at least one week prior to the start of a class or by the listed deadline
- Payment is due at the time of registration.
- We cannot accept \$100 bills.
- Unless the class is cancelled by the NCOA, there is no refund once a registration is made.
- Make checks payable to: Northampton Council on Aging or NCOA. Please indicate what the payment is for.
- Participants must sign a liability waiver form for the City of Northampton if required for enrollment.
- For some classes, one trial class may be paid for on a single basis.
- In some cases, mid-month newcomers may pay for a portion of a month, otherwise participants must pay for each month in full. No drop-ins.
- Instructors will not charge for holidays or scheduled days off.
- Unless otherwise noted, if a refund is made there is a \$4 service fee.

As of

September 1, 2014, the Senior Center will no longer be opened on Wednesday evenings for programming. Please join us during the Senior Center's regular hours Monday through Friday from 8:15 am to 4:00 pm.
THANK YOU!

October is Scary Movie Month at the Senior Center! We are looking to borrow "Rocky Horror Picture Show" if anyone is willing to loan it to the Senior Center for the showing, it would be appreciated. Contact Heather at 413-587-1307.

If there are any other scary movies that you would like to see and have them to loan, please contact Heather Cahillane at 413-587-1307 or email at hcahillane@northamptonma.gov

Complementary Therapies: Expanding the Medical Model

by Crystal Cote-Stosz, Assistant Director

The Northampton Senior Center welcomes Reiki Master & Teacher Jami-Lynn Lamy on Monday, September 15th at 2:30pm with an educational presentation on Complementary Therapies. This hour long presentation will address and explain the use of non-invasive, yet powerful treatment modalities that can be used as complementary therapies to conventional medicines. Jami-Lynn Lamy will explain the benefits of Reiki, Aromatherapy, Massage, and even Pet Therapy as methods that can be used to alleviate stress, depression, and anxiety. The presentation is open to community members. For more information and to register contact the Northampton Senior Center, 67 Conz Street at 413-587-1228.

Medicare Open Enrollment - October 15th to December 7th

See Below for information

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015: *it is important to review, understand and save this information.*

During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment with a SHINE counselor, call your local senior center **now!**

**Coming to
Northampton Senior Center
67 Conz Street,
Northampton, MA 01060**

**"Coping with
Early Memory Loss"
Monday, October 6, 2014
1:00 pm to 2:30 pm**

**Presented by: Alzheimer's
Association, MA/NH
Chapter
Call 800-272-3900 to
register**

Volunteer Opportunities

by Crystal Cote-Stosz, Assistant Director

Volunteer Opportunities: September 2014

The Northampton Senior Center is currently taking volunteer applications for the following positions:

-Brown Bag Delivery Drivers: Volunteers needed on the second Thursday of every month from 10:30-11:30am to deliver food bags for Brown Bag recipients. The Volunteer drivers will be responsible for transporting the Brown Bags from the Northampton Senior Center to the homes of food insecure seniors living in Northampton. Please call Crystal Cote-Stosz for more information at 413-587-1313.

-Medical Transportation Drivers: Volunteers needed to transport seniors to medical appointments. Volunteers use their own vehicle and receive an untaxed stipend. Insurance coverage supplemented under the City of Northampton.

-Coffee Shop: Coffee Shop volunteers needed for Tuesday evenings from 7-9pm. Coffee Shop volunteers handle financial transactions, prepare and serve coffee, tea, bagels and pastries.

- Holiday Craft Festival & Marketplace Preparation: Many volunteers needed to assist with the preparation of this event on November 20, 21, 22.

For more information on volunteering at the Northampton Senior Center, contact Assistant Director, Crystal Cote-Stosz at 413-587-1313 or via email at ccotestosz@northamptonma.gov. Senior Center volunteers logged 1,039 hours from July 16th– August 16th 2014. Thank You to everyone who volunteered!

September Artist Profile...

Joan Hicks

by Crystal Cote-Stosz, Assistant Director

The Northampton Senior Center welcomes Artist Joan Hicks exhibiting her watercolor & acrylic paintings at the Senior Center throughout the month of September.

Joan signs her art work “sparrow” to recognize her lifelong love of birds. Living in Chesterfield, her art work has been on exhibit at the Worthington and Huntington libraries, the Blackburn Inn in Worthington and the North Hall in Huntington. Joan is a regular participant at the Worthington Art Festival held in July as well as the Chesterfield Fourth of July parade art show. Joan did not start painting until after the 21st century arrived and is largely self taught. Now an octogenarian, she welcomes her new found talent as a gift.

This September will be the first time that her work has come “down from the hills”. Come and view the art work at the Senior Center located at 67 Conz St., Northampton, MA between the hours of 8:15 am - 4:00 pm. For more information, please call 413-587-1228.



Thank You for Your Donations

Without your donations and funding, the Senior Center would not be able to continue to provide the programs, activities, services and events that it provides today. Thank you again to all who contribute!

In Memory of Charles Paquette by:
Shirley Bak

In Memory of Joan Finn by:
Michael & Joan Benedisvk
Barry & Ellen Nigrosh
Karen Crowther
Northampton Recreation Commission

In Memory of Robert Martula by:
Patte Shaughnessy
Mary Lastowski

In Memory of Eva Pope:
Irene Czerapowicz
Donald Levitan & Cynthia Nyary
Jane Lucas
Kathryn & Jake Mason

Thank You!

Items Donated to the Senior Center

Thank you to the following people, organizations and businesses for their generous donation to the Northampton Council on Aging & Senior Center:

Cindy Baceski, Jane Higgins, Heidi Haas, Sylvia Styles, Kay O’Connell, Jane Garb, David Engle, Danielle Gueydan, Shirley Mackey, Arnold Wheeler, Patricia Scott, Bill Lord, Joyce Al-len, Dot Lucey, Don Moran, Alice & Mary Toohey, Partick Mullin, Doug & Mary (Josie) He- bert, Rowena Roodman, Carol Boyer, Mary Lou Jillson, Nira Elkins, Andy O’Brien, Martha Lees, Donna Parks, Hazel M. Waller, Glenn Gasselin, Joanie Daniels, Mary Lastowski, Bob & Ellen Mahar, Bob Griffen and Family, Richard LaBarge
Many Thanks!

Watch the Conz Street Chronicle, Facebook (Northampton/COA), website and local media for announcements of new programs, events and services.

As of September 1, 2014, the Senior Center will no longer be open on Wednesday evenings.

Thank you!

Planning Ahead for the 8th Annual Holiday Craft Festival & Marketplace

by Crystal Cote-Stosz, Assistant Director

It’s getting to be that time of year again when you plant mums in your garden, smell the crisp autumn leaves in the air and we at the Senior Center start planning the Holiday Craft Festival & Marketplace! If you’re looking for the perfect gift, in need of handmade holiday trinkets, or the perfect pair of earrings, then this year’s Craft Festival & Marketplace is the place to be.

The 8th Annual Craft Festival & Marketplace will take place on Saturday, November 22nd from 9a.m-3p.m. and will feature an array of local artists and craft vendors. New for this year’s festival will be the addition of marketplace vendors selling goods and services such as cosmetics, jewelry, Tupperware and other manufactured items. As always, lunch items will be available in Mary’s Bistro along with fresh baked goods from our Bake Sale table. Children will have the opportunity to meet Santa, have their picture taken and enjoy cookies & cocoa in the Coffee Shop! We invite local artists, crafters and marketplace vendors to apply by visiting the Northampton Senior Center website and downloading an application at: www.northamptonma.gov/713/Council-on-Aging.com or call the Senior Center directly at 413-587-1228, to request an application be mailed.

Social Security Extends Access to Benefit Verification Multiple Options Available

Thursday, July 17, 2014 For Immediate Release

LaVenja J. LaVelle, Press Officer

press.office@ssa.gov

Today, the Social Security Administration announced that local Social Security offices would continue to provide benefit verification letters until further notice. Providing services when and where the public needs them remains central to Social Security’s efforts, while continuing to encourage federal, state, and local agencies to take advantage of Social Security’s data exchange programs that can serve customers more efficiently and effectively.

“We appreciate the feedback from members of Congress, our community stakeholders and agency partners. We want to ensure that we meet the needs of our customers in a way that is convenient for them and also cost-effective and secure for all,” Acting Commissioner Carolyn W. Colvin stated. “I believe that government agencies can work closer together to assist our mutual customers.”

Over the last few years, Social Security has invested in technology that allows most government agencies and many other organizations to verify their clients’ Social Security benefits electronically without requiring them to visit a local Social Security office.

“We recognize that some members of the public may require in-person assistance and we will have a presence in local communities,” said Acting Commissioner Colvin. “We also want to ensure that the public is aware that they can access many of our services without making a trip to a local field office.”

Members of the public with Internet access can obtain benefit verification information by creating a my Social Security account at www.socialsecurity.gov/myaccount.

Open House Planned in Celebration of Senior Center Month

by Crystal Cote-Stosz, Assistant Director

In honor of National Senior Center month the Northampton Senior Center is having an Open House on Sunday, September 28th, from 1:00 pm – 3:00 pm. The Northampton Senior Center is located at 67 Conz Street, Northampton, MA and the Open House will be open to everyone. If you haven’t been to the Northampton Senior Center, this is your opportunity to experience a class demonstration, speak with staff, take a tour, and more.

The Northampton Council on Aging & Senior Center is dedicated to enhancing the quality of life for the City’s seniors ages 60 years and older, with some programs and activities available to those 55-59 years of age. The Open house will feature building tours provided by our wonderful volunteers, great entertainment by our own Timeless Tunes Band, refreshments, and exhibits from some of the classes that are offered at the Senior Center.

Please save the date on your calendars for Sunday, September 28th. We welcome everyone to see firsthand what the Northampton Council on Aging & Senior Center is all about. Come share in our excitement by participating in

Senior Center Meditation Garden Bricks Available With Your Message Engraved

by Patricia Shaughnessy

Bricks engraved with your personal message to be placed in our Frank and Mary Netto Meditation Garden are still available. Simply choose a message of your choice to be engraved on the brick and complete an order form which is available at the Senior Center reception desk. The message can be in celebration of someone, a special tribute, a memorial inscription or a special verse or quote. The bricks to be inscribed are then ordered and will be secured in the Frank and Mary Netto Meditation Garden. The cost per brick is \$100.00. For more information contact Patricia Shaughnessy at 413-587-1231.

Here are some of the events scheduled for 2014. Hope to see you there!

Open House Celebrating National Senior Center Month
Sunday, September 28

Fundraiser - “Rocky Horror Picture Show”
Thursday, October 30

Shred Day - TBD

Veteran’s Day Event –
Monday, November 10

Holiday Craft Festival & Marketplace
–
Saturday, November 22

Holiday Dinner –
Sunday, December 7

National Senior Center month at the Northampton Council on Aging & Senior Center Open House! For more information call the Northampton Senior Center at 413-587-1228. We hope to see you there!



Open House... Celebrating National Senior Center Month Sunday September 28th 1:00 pm - 3:00 pm

If you haven't been to the Northampton Senior Center this is an opportunity to experience a class demonstration, to take a tour, speak with staff and more. The event will feature live entertainment and light refreshments!

Come in and join us for the Coffee Shop Special...

Fresh Donut and Coffee \$1.75

Hours: 8:30- 4:00 Monday-Friday



Where To Find Help- *Information about Local Services Available - Call 413-587-1228 for details*

Caregiver Grants: The Northampton Senior Center in conjunction with Left Hand Benefits, has implemented a grant program available to primary caregivers of individuals 60 and over through the Neil McManus Memorial Fund. Grant applications are available through Northampton Senior Center, Highland Valley Elder Services and Franklin County Home Care. For more information contact Michele at 413-587-1226.

Senior Companion Program: We match volunteers with individuals 60 and over who are isolated and do not have a formal support system with volunteers in the community. A volunteer will accompany you to a community activity such as a movie, shopping or out for a stroll in the park. We are now accepting applications for participants and volunteers. Please contact Michele Dihlmann to find out more information at 413-587-1226 or email at mdihlmann@northamptonma.gov. This program is funded in part by a grant from Highland Valley Elder Services.

Senior Gay Men’s Drop-in Group: The Senior Gay men’s drop in group meets Fridays from 1:00- 3:00 p.m. unless otherwise posted. This is a peer lead drop in group, registration is not required.

S.H.I.N.E (Serving Health Information Needs of Everyone) Appointments available most Fridays 1:00 – 3:00 p.m., individuals must call 587-1228 to make an appointment.

Hampshire County Interfaith Help Fund: Interfaith emergency assistance is staffed by members of affiliated religious organizations and supported by the participating religious societies and by individual donations. Office hours are held at The Northampton Senior Center Tuesdays only from 1:00- 3:00 p.m. No phone calls please. Walk-ins only. October through May

Medical Transportation program: Available for Northampton residents 60 + who have no transportation and do not have a formal support system such as, community living, retirement

facility or family member who drives. Pre-registration is required to participate in the program. Contact Helen Roman Walters to pre-register at 413-587-1301.

Medical Equipment: The Northampton Senior Center has a small collection of medical equipment that can be borrowed by any Northampton individual 60 and over for a small sanitizing fee. Please call 413-587-1228.

Brown Bag Food for Elders - Brown Bag pick up is the second Thursday of each month from 10:00 -11:00 a.m. unless otherwise noted. If you are unable to pick up your bag please arrange for someone else to do so. Brown bags may contain perishable goods and the Northampton Senior center is unable to store your bag. If you are interested in participating in this program please contact the Western Mass Food Bank at (800) 247-9632 or drop by the Northampton Senior Center and pick up an application.

Free meals in the Northampton area:
Florence Congregational Church: (413) 584-1325
Northampton—MANNA Soup Kitchen—Elm St: (413) 584-1757
Northampton—MANNA Soup Kitchen—Main St: (413) 584-5500

Here are some programs that provide FREE* Emergency Groceries:
Florence Starlight Center Pantry: (413) 586-8255
Leeds—Soldier On Pantry: (413) 588-4232
Northampton—SRO Outreach Pantry: (413) 584-4457
Northampton—Northampton Survival Center: (413) 586-6564
Income and/or residency requirements may apply to pantries. If you would like a hot meal you may receive one, no questions asked, at any of the meal sites listed here. Please contact the program for details

If you are struggling with your food needs, you may also be eligible for the SNAP program (formerly Food Stamps), which provides money for groceries to low-income individuals and families.

Low Vision Support Group: The Low Vision Support Group meets the first Wednesday of the month, at the Northampton Senior Center, March through December, from 12-2 p.m. unless otherwise noted. Call 587-1226 for more information contact Michele Dihlmann mdihlmann@northamptonma.gov

Medicare: All your Medicare questions can be answered by calling 1-800-MEDICARE (1-800-633-4227) TTY 1-877-486-2048 for specific billing questions and questions about your claims, medical records, or expenses, visit MyMedicare.gov, or call 1-800-MEDICARE.

Massachusetts Senior Care Association: Helping you find the care in the community you need in Massachusetts call 617-558-0202 or e-mail www.maseniorcare.org

Community Resources and Advocacy (formally First Call for Help)
For information about food assistance, heating oil, housing, health care, and much more, call one of the following numbers:
(Hampshire County) 413-582-4237 or 1-800-339-7779

Hampshire Elder Law Program - Hampshire County Bar Association 15 Gothic Street, Suite 10 Northampton 413-586-8729, providing civil legal services to Hampshire County elders

Foreclosure Prevention: Home Corps Foreclosure Prevention & Post – Foreclosure Services. If you are struggling to pay your mortgage or are facing foreclosure, Community Action, in partnership with the Attorney General’s office is offering assistance by appointment only. Call for an appointment 413-582-4237

Social Security: How do I schedule, reschedule, or cancel an appointment?
We currently do not have an online appointment scheduler. However you do not need an appointment to file for benefits or appeal a disability decision. You can file for the following benefits online:

- Retirement
 - Medicare
 - Disability.
- If you do not want to apply for benefits online, you can schedule, reschedule or cancel an appointment by:
- Calling us at 1-800-772-1213 (TTY 1-800-325-0778) between 7 a.m. to 7 p.m., Monday through Friday; or
 - Contacting your local Social Security office. 200 High Street Holyoke ,MA (877)480-4989 Local Office at 200 High St. #2, Holyoke, MA (877) 480-4989

Foot Care: Dr. Michael Coby offers foot care on the third Wednesday of each month from 9:40 - 12:30 p.m. There is a \$ 25.00 fee for this service call 413-587-1228 to schedule an appointment.

Blood Pressure Clinic: Screenings are provided by the Cooley Dickinson Hospital Nurses Auxiliary the first Tuesday of each month from 10:00– 12:00. Open to the public, no appointment necessary.

Massage and Bodyworks Clinics - Enjoy a clothes on 50 minute massage with a licensed massage therapist for a small fee of \$20.00. Stop by the Northampton Senior Center today and reserve a time slot.

Salvation Army: Emergency service available for Northampton individuals 60 years and over at the Northampton Senior Center by appointment. Call 413-587-1226 for more information.

PVTA Fares assistance: A Northampton Council on Aging & Senior Center (NCOA) program to assist qualified Northampton Seniors over 60 or disabled Northampton residents, with purchasing tickets for the PVTA, ADA & Dial-A-Van program. Applications available at the Northampton Senior Center.

AARP Smart Driver Course is Coming to Northampton Senior Center!

Compiled by: Michele Dihlmann
Information obtained from AAPR.org/ drive

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation’s largest classroom and online driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course you’ll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today’s increasingly challenging driving environment.

The AARP Smart Driver Course is designed to help you accomplish the following:

- Learn research-based safety strategies that can reduce the likelihood of having a crash.
- Understand the links among the driver, vehicle, and road environment, and how this awareness encourages safer behavior.
- Learn how aging, medications, alcohol, and other health-related issues affect driving ability,

- and ways to adjust to allow for these changes.
- Increase confidence.
- Know how to drive safely when sharing the road with other road users.
- Learn the newest safety and advanced features in vehicles.
- Learn when driving may no longer be safe.
- Explore other ways to travel.

The course is structured into six units that cover a variety of driving topics. Here are the general points taught in each of the units:

Unit 1: Why Are We Here? Evaluate your current knowledge of driving rules and situations. Review the course objectives and explore the course content. Discuss the reasons for taking a driver safety course.

Unit 2: What’s changing? Learn how our driving is affected by changes in ourselves, and medications, medical conditions, alcohol, vision, hearing, brain health, flexibility, strength and

endurance. Discuss new vehicle technologies. Review changes in roadway designs.

Unit 3: What Practices Make Us Safer? Review important safe driving practices, skills and strategies, including: pre-trip planning and self-preparation, checking your vehicle before you go, adjusting and/or choosing features to make driving more enjoyable, and reviewing roadway fundamentals. Discuss state-specific topics related to safe driving practices. Assess our current knowledge of safe driving practices.

Unit 4: What Strategies Apply? Review best practices for safe driving. Examine driving situations that statistics show to be dangerous, such as intersections, passing, right-of-way and merging, inclement weather, and sharing the road with others. Discuss how to react safely to those kinds of situations.

Unit 5: What about the Future? Review the warning signs of unsafe driving. Recognize the importance and benefits of assessing our driving skills periodically. Recognize the importance of

staying mobile even if not driving. Review how to develop a plan for using other transportation options.

Unit 6: What Have We Learned? Review key lessons learned, including: understanding how changes can affect our driving, using strategies to extend our years of safe driving, exploring multiple travel options that help maintain our mobility and independence. Are you ready to sign up? The next AARP Smart Driver Course takes place at Northampton Senior Center on November 7, 2014. The classroom course costs \$15 for AARP members and \$20 for non-members. Space is limited, so register now by calling 413-587-1228.

As of September 1, 2014, the Senior Center will no longer be open on Wednesday evenings. Thank you!

**Conz Street Chronicle
Council on Aging & Senior Center
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www.northamptonma.gov/713/Council-on-Aging and on Facebook/ NCOA**

Conz Street Chronicle is a bi-monthly publication of the Northampton Council on Aging & Senior Center. The paper is delivered to more than 4,500 households. It is funded by donations, advertisers and the City of Northampton.

Conz Street Chronicle staff includes Jim Spencer, occasional contributors. Council on Aging staff as well as other city departments and organizations provide columns and information, along with Conz Street Chronicle staff and contributors. All work is published at the editor’s discretion.

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NCOA & SENIOR CENTER MISSION STATEMENT

The Northampton Council on Aging and Senior Center is dedicated to enhancing the quality of life for the City’s elders, ages 60 and over, with some programs and activities available to those 55-59 years of age. Every elder is a valued member of the community and has the right to a life of dignity while maintaining a maximum level of independence. To meet this goal, the Northampton Council on Aging identifies needs and provides a range of programs, activities and services to address those needs. The Northampton Council on Aging serves as a community focal point around issues of aging and is a liaison to local, state and federal resources for elders and their families.

WISH LIST



Cans of regular & decafinated coffee
White Board Markers
Fancy Tea Cups and Saucers
Rolls of Paper Towels
Jewelry-all types old & new
New items for the Gift Shop
Colored Copier Paper
Door-prize items
Dish and Laundry detergent
Gently used items for the Mini-Sale table

**Many thanks
to those who
contribute items
from our wish
list!**

Meet One of the Staff... Heather Cahillane, Program Coordinator



NAME: Heather Cahillane
Your work at the Senior Center: Program Coordinator since October 2013

How did you get started? While working as the Community Development Program Director for Highland Valley Elder Services I did a lot of one on one work with seniors and discovered that I really enjoy working with this population.

What inspires you? A daunting question-but I think that what I find most inspiring are ordinary people who are good, honest and hardworking. This brings to mind many of the volunteers and instructors here at the Senior Center who share their time and talents and make this a place where we can offer so many different programs and opportunities for our community.

Tell us about your education? I grew up in Leeds and went to Northampton public schools. I stayed in the area for college when I had the opportunity to go to Smith College. I graduated in 2008 from Smith with a degree in psychology. Eventually I will bite the bullet and entertain the thought of grad school.

Parting thought: An H. Jackson Brown Jr. quote that I love and try to keep in mind: Let the refining and improving of your own life keep you so busy that you have little time to criticize others.

Like us on Facebook or visit the Senior Center web site northamptonma.gov/713/Council-on-Aging .

Meet One of the Many Participants at the Senior Center...



Name: Diane Keating
About You: I grew up in Iowa among corn, cows and flatland. I am 68 years young. Met my husband of 48 years on a blind date on Cape Cod. We have 3 children (twin girls and a daughter), 3 grandsons and 1 princess (granddaughter). Northampton has been my home since the age of 22. Worked as a librarian at Ryan Road School for 27 years and still read to students in K through grade 3. Love to read and contribute books for the wonderful ongoing book sale at the Senior Center.

What brought you to the Senior Center: I have 2 artificial knees and went to Curves to try to stay in good health but did not care for the atmosphere. I resisted coming to the Senior Center at first but I am glad I came. The Senior Center is not what people think it is. The Senior Center is a pleasant place where there is comradery and lots of things to do. I am glad I decided to come in and see what it was all about.

I have utilized the Fitness Center for over 1 year now and enjoy it very much. I attend Strength & Stretch class with Sean on Tuesday and Thursday mornings and have done this for over 2 months. This class has sessions and at the end of this last session, there was a potluck gathering at one of the participants homes which was very enjoyable as well. The participants hope to continue the gatherings in the future.

How long have you been participating in programs at the Senior Center: Participation began in 2007 when I donated books and fabric. Then I began to participate more in the programs and activities. I want to become more involved in other programs like sewing, computer one-on-one and others. That will come in time.

Parting thought: My parting thought to everyone is don’t be afraid or close minded because it is called “Senior Center”, come in and check it out for yourself and you’ll see the opportunity you have to get involved in various things, socialize, purchase gifts in the gift shop, stay all day if you want. The staff is very friendly and helpful. They will take the time to answer your questions and if you have any questions and they don’t have the answer to, they will get it for you.